

SAFEGUARDING

Behaviour + Attention = More Behaviour

Most people leave their children alone if they are behaving well, but when their children are misbehaving, they will direct their attention to them. This tends to backfire. The attention around the misbehaviour actually increases the misbehaviour as a way to get more attention from us!

The best way to improve behaviour is to **give children a lot of attention when they are doing something you like and remove your attention when they are doing something you do not like.**

An easy way to increase good behaviours is by describing their behaviors and praising them when they make a real effort. For example:

- *"Good job listening the first time!"*
- *"Good job using your inside voice."*

It can be hard to get in the habit of doing this, but it gets easier and easier as you do it.

Working together to keep our children safe and happy.

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